



Idak • Learning Disabilities Association of Kingston

The right to learn, the power to achieve

Spring Newsletter 2010

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Website: www.ldakingston.com E-mail: ldak@ldakingston.com

A United Way Member Agency

Learning Disabilities Association of Kingston

Is now accepting candidates for our volunteer Board of Directors. The Learning Disabilities Association of Kingston recognizes the need to meet and serve a rapidly changing community and as such are recruiting innovative and creative board members with the following skill sets: governance, funding development, marketing and finances. Any interested individuals who are 18 years or older and living in Kingston and surrounding area are eligible. We are a United Way Member Agency. Written submissions will be accepted until March 26, 2010 at 4:30 p.m. A submission letter with a brief Resume/CV explaining your skills and interest can be sent to:

Nominations Committee

Learning Disabilities Association of Kingston

417 Bagot Street Kingston, Ontario, K7K 3C1 or by email: ldak@ldakingston.com

Visit our website at www.ldakingston.com for more information.

All nominees will be contacted by April 7th, 2010.

Bluegrass Concert Series

At the *Christ Church Catharqui*, 990 Sydenham Rd. for the months of **March and April**. Musicians include:

Opening Act for all concerts Bill White & White Pine
March 24, 2010 Lorraine Jordan & Carolina Road
April 21, 2010 Monroe Crossing

Advance Ticket — \$20.00 At the door — \$23.00
For ticket information contact LDAK 613-545-0373 or
Bill & June White 613-372 -2400 Limited Seating! Start time 7pm



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PLEASE POST UNTIL JUNE 11, 2010



GROUPS AND MEETINGS

LDAK Annual General Meeting

Mark this date on your calendar! Upcoming Technology demonstration.....

To be held on Monday April 26, 2010 at 7:00 p.m. in the board room at 417 Bagot St. and all are welcome to attend. Further written nominations will be accepted at the LDAK office until 21 days before the AGM date. There will be a 10 minute business meeting before the meeting begins.

Topic: Assistive Technology Demonstration

Pat Dudley, Faculty of Education, Queen's University and LDAK Board Member will demonstrate some of the assistive software and hardware that LDAK has available in its resource centre.

***Software** includes writing predictors, text-to-speech, talking word processors, mind mapping software and others.*

***Hardware** includes easy-to-use video recorder digital scanning, audio recording pens, portable spell checkers and light weight portable (speaking) recording keyboards. (e.g. Dane Elec Zpen, Alphasmart and Writer Fusion keyboards, Livescribe Pulse Digital Smartpen)*



In Appreciation.....

LDAK wishes to thank our hard working Board of Directors and volunteers who helped make our annual Roast Beef Fundraiser Dinner a huge success!! Special thanks to Donna Goff who spear-headed our annual fundraiser at Christ Church Parish Centre. Thank you to Reverend Peever who supported our Association for another successful



ADHD Facts & Myths

Keynote Speaker: Dr. Kenny Handelman,
Child, Adolescent & Adult Psychiatrist

Wednesday March 31, 7-9 pm

**Ongwanada Resource Centre, 191 Portsmouth
Ave., Kingston**

ADHD is one of the most widely researched conditions. This research has increased awareness and understanding, but it has also created a media explosion of information, misinformation and conflicting opinions. Join **Dr. Kenny Handelman** for an evening discussing facts and dispelling myths.

“Free Admission” to attend presentation.
Space is limited.

Register today, call 613-545-0373 or online at
www.adhd-canada.ca

Therapeutic Horse Riding

Janette Haase is a registered therapeutic riding instructor offering lessons in the Sydenham area. For information and registration contact Janette at 613-376-9849 at janettehaase@gmail.com

Quintilian Summer Club 2010

A recreational day program for children & youth who experience social and/or learning challenges. Inclusive programming promotes self confidence, independence, decision making & cooperation.

Ages 8 & up

July 5-9th Buskers

July 12-16th Around the World

July 19-23rd Wizards

July 26-30th Blockbusters

Elsewhere...Bits & Pieces Around the

USA - Daniel Radcliffe and Dyspraxia

On July 15th thousands of Harry Potter fans rushed to local theatres to watch the latest instalment of JK Rowling's popular novels on the big screen. The Half Blood Prince has Daniel Radcliffe once again playing the bespectacled wizard Harry Potter in what is sure to be an amazing performance. Radcliffe has really come to his own as an actor, not only in Harry Potter series but also in other films such as December Boys and on stage in Equus. It is hard to believe that Radcliffe would have any problems when you see him running around and duelling evil wizards in his movies, but last year this talented young man told the world that he has *Dyspraxia*.

Dyspraxia is a motor disability. It can cover a wide range of problems from speech to walking. There is no known cause, but it is thought to have something to do with neuron development. Children and Dyspraxia are often considered to be clumsy or uncoordinated and have trouble following directions. When the child is a baby he may be delayed in sitting up, walking, and talking. In the preschool years he may have trouble with potty training, learning how to dress himself, focusing on a task, or completing puzzles. As an older child, he may have trouble with organization, school work (especially math and writing), and remembering instructions.

It is important that you talk to your doctor if you have concerns that your child may have Dyspraxia. With intervention, people with Dyspraxia may improve on some of their symptoms. Young children with this disorder typically have speech, physical and occupational therapies to help them with their delays. Therapy is not a cure all, but it can help. Radcliffe once joked in an interview that sometimes he has difficulties tying his shoes.

July 7, 2009 examiner.com

Scotland - Dyslexia linked to muscle control

Edinburgh University scientists have found the cerebellum, at the base of the brain, may influence how a person learns to interpret written language. They hope the findings will improve understanding and diagnosis of the condition. It affects between 5-10% of the population.

The scientists compared brain scans of people with dyslexia with those of people without the condition. Dyslexic patients fell into two main categories, those with an enlarged area in the cerebellum and those with a smaller area than normal.

While both groups has lower levels of language skills than normal, those with a smaller area in the cerebellum has greater difficulties with language than those with enlarged regions.

The study suggests that there are a number of distinct types of the condition. The team believes this difference in the cerebellum may affect the brain's ability to learn rules about language—for example, learning how to recognise when two words sound different even though they look the same when written down.

The cerebellum is known to set rules for movement and coordination within the body and scientists believe it may also perform this function for language.

June 26, 2009 BBC News

USA - Hundreds of Genes Could be linked to ADHD

Variations would explain different attention-disorder symptoms, study suggests hundreds of gene variations that may be associated with attention-deficit/hyperactivity disorder have been identified by U.S. researchers.

Many of these genes were known to be involved in learning, behaviour, brain function and neurodevelopment, but this is the first study to link them to ADHD. The findings appear in the June 23 online edition of

Elsewhere...Bits & Pieces Around the

Molecular Psychiatry.

“Because the gene alterations we found are involved in the development of the nervous system, they may eventually guide researchers to better targets in designing early intervention for children with ADHD,” study author Dr. Josephine Elia, a psychiatrist and ADHD expert at The Children’s Hospital of Philadelphia, said in a school news release.

For this study, Elia and her colleagues analyzed genomes from 335 ADHD patients and their families, and compared them to more than 2,000 children without ADHD. The hundreds of gene variations were found to occur more often in children with ADHD than in normal children.

“When we began this study in 2003, we expected to find a handful of genes that predispose a child to ADHD,” study co-leader Peter S. White, a molecular geneticist and director of the Center for Biomedical Informatics at The Children’s Hospital, said in the release.

“Instead, there may be hundreds of genes involved, only some of which are changed in each person. But if those genes act on similar pathways, you may end up with a similar result—ADHD. This may also help to explain why children with ADHD often present clinically with slightly different symptoms,” White said.

June 25, 2009, forbes.com

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The 17th National Conference Highlights on Learning Disabilities from Yukon Convention Centre

Below are some of the conference highlights from the 17th National Conference on LD held last September 2009 .

Facts and Stats on Mental Health and ADHD

James Koller, Ph. D. a licensed psychologist in the state of Missouri presented a fact-filled PowerPoint deck about mental health, LD and ADHD. He said that the basic structure of personality is established by age 4 and 50 percent of all lifetime problems of mental illness begin by age 14. As well, certain factors can predict a risk for developing mental illness. These include poverty, exposure to environmental toxins, traumatic events, mental illness in a parent, LDs and ADHD.

Koller noted that 90 percent of children who commit suicide have a mental disorder, usually a mood disorder. As they grow, these children, especially those with LDs, are more prone to loneliness, depression and suicide.

Koller presented critical facts that relate to ADHD. The incidence of the condition is 3-5 percent although estimates vary between 1-20 percent depending on the definition and the severity. Four times more males are affected than females. As many as 65 percent of ADHD children demonstrate significant ADHD symptoms as adults. Thirty-three percent of ADHD children also have LDs; up to 90 percent have poor internal language-processing skills; and up to 35 percent drop out of high school. Twenty-five percent of people with ADHD have antisocial personalities and 35 percent are substance abusers. Most significant for their adult lives, only 2 percent obtain college-educated positions.

National Conference Highlights

“Drawing” Out Children

Ray Appel, a teacher who is currently working on an intensive math research study with Ontario Institute for Studies in Education, said that in its earliest forms, drawing as a basic human activity consisted of making marks and patterns. Although all children enjoy drawing, they become disappointed when they realize that primal, unrealistic drawings are not appreciated or valued. And since teachers feel they themselves cannot draw, they do not encourage children to continue their own efforts.

Appel recommended drawing as a powerful means for developing children’s perceptions and thought, and suggested teachers foster this development by consulting books and websites on teaching children to draw. He also promoted introducing into classroom activities through sketches, diagrams, cluster maps, visual studies and drawings.

Young children who are at the scribbling stage, he said, should be allowed to work with various drawing tools and materials often enough to become sufficiently skilled in handling them. When they start to develop and use symbols, teachers should focus on encouraging them to express themes that relate directly to their experiences and lives.

As they begin to be concerned about realism, they should be given opportunities to expand their drawing vocabularies by working from observation and recollection to help them perceive and describe their world in more detail, and from their imaginations for creative expression. Teachers should make both types of drawing opportunities available in the elementary years.

Tips for Teaching ADHD Students

Gordon Bullivant, Executive Director of the Foothills Academy Society (a centre for students with LD and ADD) in Calgary, broke down the characteristics of ADHD-excitability, hypoactivity, hyperactivity, inattention and impulsiveness-into recognizable symptoms and then explained that the same symptoms may also lead to other diagnoses, such as sensory deficits, allergies, anaemia, lack of maturity or even social/behavioural/emotional problems.

With these symptoms in mind, Bullivant recommended ways in which teachers could manage classes that contain overactive, restless ADHD children. Essentially, he recommended balancing structure and flexibility, however, he gave a long list of individual suggestions among which were:

- ⇒ Provide a consistent routine and short work periods
- ⇒ Give clear rules and directions using both pictures and words. Avoid complex sentences
- ⇒ Provide incentives for improvement
- ⇒ Be positive: Tell the student what he should be doing, recognize accomplishments
- ⇒ Schedule academic tasks for the morning
- ⇒ Minimize noises or other stimuli when teaching new concepts
- ⇒ Repeat instructions “often”
- ⇒ Provide an extra set of textbooks for home
- ⇒ Preview new concepts at the beginning of a lesson and review them at the end to reinforce learning
- ⇒ Provide legitimate opportunities for physical movement
- ⇒ Encourage the student to ask questions and establish a positive feeling about asking questions and repetition

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SCHOLARSHIPS

Scholarships Available to Students with Learning Disabilities

Please visit LDAC's website for a full description of the following four of LDAC's scholarships, criteria and application forms: www.ldac-taac.ca and click scholarships

Doreen Kronick Scholarship: For graduate studies in a program which will train that student to work with persons with learning disabilities; \$500.00; application deadline is no later than **May 15**.

Carol Thompson Memorial Fund Scholarship: For students with learning disabilities to pursue college, private vocational school or an under-graduate program at a Canadian University. Value of Scholarship is \$1000.00; application deadline is no later than **May 15**.



The Donald Cummings Apprenticeship and Industry Training Scholarship for Students with Learning Disabilities: Open to students registered full-time as an apprentice in a program of 6 months or longer. Value of Scholarship is \$500.00; application deadline is no later than **May 15**.

The Joanna Townsend Applied Arts Scholarship - Awarded to a Canadian student with learning disabilities who has an interest in pursuing an education and/or career in any of the various applied arts programs. Value of scholarship is \$1000.00; application deadline is no later than **May 15**.

Limestone Learning Foundation administers the following memorial fund: *One scholarship annually if funding permits*

Tristin Memorial Scholarship Application: \$500.00 scholarship will be given to a Canadian student with learning disabilities who demonstrates an interest in pursuing an education and/or to recognize an individual with a learning disability, who through effort and perseverance, is seeking to use his/her potential to its maximum. Postmarked no later than **May 15th**. For details: Contact: Phil Perrin at Limestone Learning Foundation 613-544-6925 ext 210.

Other sites of Interest on Financial Assistance Programs and Scholarships information for Post-Secondary Students with Disabilities:

<http://www.ldao.on.ca/landis.html>

Learning Disabilities Association of Ontario - Gloria Landis Memorial Bursary

<http://www.studentawards.com/english/can/>

Canadian database of thousands of scholarships, bursaries, fellowships, grants and other financial awards.



RESOURCES IN OUR LIBRARY

The Alphabet Series Storybooks - (Volumes 1-3) Compiled by Frances Bloom

These storybooks are a complete program for beginner readers. The storybooks are sequential and cumulative beginning with simple consonant and short vowel sounds gradually adding more complex phonics concepts.

ADHD & LD: Powerful Teaching Strategies & Accommodations - Sandra Rief - This video is packed with hundreds of proven and practical classroom strategies for improving the performance of all elementary school students. An excellent tool for training teachers and other school personnel in how to best educate students with ADHD and /or Learning Disabilities.

Math for Moms and Dads - Ages 10 and up
A dictionary of terms and concepts...just for parents.

Understanding Your Special Needs Grandchild - Clare B Jones

Understanding MY Learning Differences - Susan McMurchie
For Teachers & Parents - A curriculum designed for fourth and fifth graders to help them understand their learning differences.



Understanding Girls With AD/HD - Kathleen Nadeau, Ph.D. Ellen B. Littman, PH.D. Patricia O. Quinn M.D. For parents, teachers and other professionals who want to learn how to recognize and help girls with AD/HD.

The Emotions Game - Recognize the facial expression, language context and tone of voice for 12 emotions. Ages 5-10 Grades K-5

CD/DVD's:

Managing the Defiant Child - A Guide To Parent Training - Russell Barkley

Parenting the Explosive Child - Ross W. Greene, Ph.D. & Stuart Ablon, Ph.D.

The Motivation Breakthrough - Secrets to Turning On the Tuned-Out Child
Richard Lavoie



Navigating the Social World - Jeanette McAfee, M.D. - A video workshop offering creative strategies for teaching social skills in fun ways. For Teachers, Therapist and Family Members.

I've Had It With That Kid! - (CD) Dr. Ray Levy with Kelly Smith - For teachers of strong-willed and defiant students.

Facing FEAR Without Freaking Out - Trevor Romain - Promoting social and emotional fitness for kids. This animated and live-action video helps students to understand how to tackle their fears, build self-confidence and encourage strong academic performance. Grades 2-8

**L. D. A. K. EXECUTIVE
2010 - 2011**

President	Bruce Todd
Vice President	Bill Cormier
Treasurer	Pat Dudley
Secretary	Sue Herrick
Members at Large	Gail Eaton-Smith David Williams Greg Speagle Marie McCarron

RESOURCE CENTRE HOURS

417 Bagot St
Kingston, ON K7K 3C1

**Monday to Friday 10:00 a.m. — 4:30 p.m.
Saturday & Sunday Closed**

Resource Centre Co-ordinator
Lana Greenwood

Resource Facilitator
Janice Barling

Disclaimer

*THE LEARNING DISABILITIES ASSOCIATION
does not endorse or recommend any of the
facilities listed or any of the methods,
programmes, products or treatments offered by
such facilities.*

*Our aim is to keep the community informed about
services and facilities that are available to people
with learning disabilities.*

*We urge consumers and service providers to
review carefully any programmes and services
listed in order to select those which will meet
most appropriately the identified needs of the
person with learning disabilities.*

Become A Member Today

**In order to sustain our organization, LDAK
needs your support. If you are not a
member yet, please consider becoming one
today! We rely on membership to keep our
organization running. Just complete the
form below.**

Membership Advantages:

- ⇒ subscription to Communiqué
- ⇒ affiliation with local, provincial and national levels of LDA
- ⇒ free information on learning disabilities
- ⇒ free access to Kingston's resource centre and the lending library of LDA Ontario
- ⇒ discount on LDA conferences

Name: _____

Address: _____

CITY PROVINCE POSTAL CODE

Telephone: (H) _____ (W) _____

ANNUAL DUES:(Effective April 2/04)

Family/Individual - 1 Year Fee -\$50

Student (1 Year Fee Only) - \$20

Institutional (1Year Only) - \$125

Professional (Private Practices)
1 Year Fee - \$75

I would like to volunteer to help with:

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Membership |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Other | |

Please tear off and mail this form and cheque
(made out to **LEARNING DISABILITIES
ASSOCIATION OF KINGSTON**) to
Learning Disabilities Association of Kingston
417 Bagot St., Kingston ON K7K 3C1.

THANK YOU